

## Claims

- [c1] A composition comprising
- (A) water;
  - (B) about 30 to about 1000 mg of *Hoodia gordonii* per 1/4 ounce of water; and
  - (C) about 30 to about 1000 mg of *Cassia nomame* per 1/4 ounce of water.
- [c2] A composition according to Claim 1 wherein the amount of said *Hoodia.gordonii* is about 100 to about 300 mg per 1/4 ounce of water and the amount of said *Cassia no-mame* is about 100 to about 300 mg per 1/4 ounce of water.
- [c3] A composition according to Claim 1 wherein said *Hoodia gordonii* has a peak at 1600 wave numbers of at least 0.05 absorbance units in a Fourier Transform Near Infrared Spectrometer.
- [c4] A composition according to Claim 1 wherein said *Hoodia Gordonii* and *Cassia nomame* are prepared by drying and milling.
- [c5] A composition according to Claim 1 that contains an acid that lowers the pH of said composition to between about

3.0 and about 4.5.

- [c6] A composition according to Claim 1 wherein said composition includes about 23 to about 35 mg of citric acid per 1/4 ounce.
- [c7] A composition according to Claim 1 that includes about 1800 to about 2600 mg per 1/4 ounces of a flavor enhancer.
- [c8] A composition according to Claim 7 wherein said flavor enhancer is glycerin.
- [c9] A composition according to Claim 1 wherein said composition includes about 0.004 to about 0.12 mg of menthol per 1/4 ounce.
- [c10] A composition according to Claim 1 wherein said flavoring agent is natural cherry.
- [c11] A sealable container holding about 8 to about 16 ounces of a composition according to Claim 1.
- [c12] A composition according to Claim 1 wherein the amount of said water is about 5 to about 15 cc.
- [c13] A method of losing weight comprising drinking at least one serving of a composition according to Claim 12 just before eating.

- [c14] A method according to Claim 13 wherein one serving of said composition is drunk twice per day if the person drinking it weighs up to 180 lbs and 2 two servings are drunk twice per day if the person drinking it weighs more than 180 lbs.
- [c15] A composition comprising
- (A) about 5 to about 15 cc of water;
  - (B) about 100 to about 300 mg of *Hoodia gordonii*;
  - (C) about 100 to about 300 mg of *Cassia nomame*;
  - (D) a sufficient amount of an acid to lower the pH below about 4.5;
  - (E) 0 to about 100 mg of a flavoring agent;
  - (F) 0 to about 2600 mg of a flavor enhancer; and
  - (G) 0 to about 0.12 mg of menthol.
- [c16] A sealable container holding about 8 to about 16 ounces of a composition according to Claim 15.
- [c17] A method of losing weight comprising drinking at least one serving of a composition according to Claim 15 twice per day just before eating.
- [c18] A composition comprising
- (A) about 5 to about 15 cc of water;
  - (B) about 100 to about 300 mg of *Hoodia gordonii*, where said *Hoodia gordonii* has a peak at 1600 wave

numbers of at least 0.05 absorbance units in a Fourier Transform Near Infrared Spectrometer;  
(C) about 100 to about 300 mg of *Cassia nomame*;  
(D) an amount of citric acid sufficient to lower the pH to between about 3.0 and about 4.5;  
(E) about 50 to about 100 mg of a flavoring agent;  
and  
(F) about 1800 to about 2600 mg of glycerin; and  
(G) 0.004 to about 0.12 mg of menthol.

[c19] A sealable container holding about 8 to about 16 ounces of a composition according to Claim 18.

[c20] A method of losing weight comprising drinking at least two serving of a composition according to Claim 18 twice per day just before eating.